

# Group Fitness Schedule

HOWARD HUGHES

Effective August 15th, 2010



# SPECTRUM ATHLETIC CLUBS

Please access our Group Fitness Schedule  
online at [www.spectrumclubs.com](http://www.spectrumclubs.com)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:15 Yoga I/II Carol Porter	6:00-7:15 Vinyasa Yoga Flow II Josie Kramer	<b>5:45-6:00 Abs Only</b> <b>Chauncey Dennis</b>	6:00-7:00 Cycle ♦ Gary Slacum	6:00-7:00 On The Ball Stephanie Grimes	7:30-8:30 Low Impact Madeleine Landon	9:00-9:55 Cycle Plus Mika Sutch
6:00-7:00 The Grind Chauncey Dennis	<b>6:00-7:00 Kettle Bells, etc.</b> <b>Mesfin</b>	6:00-7:00 Hoops, Core, and Strength Noelle Geller	6:00-7:15 Vinyasa Yoga Flow Danielle Dumani	6:00-7:00 Cycle Christina Peck	7:45-9:00 Cycle Plus Jill Miller	9:00-10:00 La Tin-Va Dance Johnny V.
8:30-9:00 The Bottom Half Jill Miller	<b>8:30-9:30 YogaSculpt</b> <b>Jill Miller</b>	6:00-7:00 The Grind 2 Chauncey Dennis	<b>6:00-7:00 Kettle Bells, etc.</b> <b>Mesfin</b>	9:00-10:00 Aqua Geri Anderson	8:00-9:00 Tai Chi ★ Brian Mark	<b>10:00-10:30 Abs &amp; Yoga Flexibility</b> Mika Sutch
9:00-9:30 Upper Cuts Jill Miller	9:00-10:00 Hip Hop Ausanta Nebbitt	8:30-9:00 Power Pump Express Madeleine Landon	8:30-9:00 The Bottom Half Madeleine Landon	9:00-10:00 Low Impact Victoria Samia	8:30-9:30 Afro Brazilian Beat Brandy Randolph	10:05-11:05 Step Challenge Angie Donaroma
9:00-10:00 Aqua Wendy Keenan	9:30-10:30 Aqua Claudine Cooper	<b>8:30-9:30 Super Circuit</b> <b>Jill Miller</b>	<b>8:30-9:30 YogaSculpt</b> <b>Jill Miller</b>	<b>9:00-10:00 Step Challenge</b> <b>Stephanie Grimes</b>	<b>9:00-10:00 Step (Intermediate)</b> <b>Laurie Pierce/Yolanda Callies</b>	10:15-11:10 Cycle ■ P.K.
9:30-10:30 Step & Stability Madeleine Landon	9:30-10:25 Cycle Emily Page	9:00-10:00 Aqua Jackie Zupsich	9:00-9:30 Upper Cuts Madeleine Landon	<b>10:00-11:00 On the Ball</b> <b>Stephanie Grimes</b>	<b>9:00-10:00 "The Works"</b> <b>Emily Page</b> <b>Outside</b>	11:05-12:05 Core, Strength & Stability Angie Donaroma
9:30-10:30 Cycle Plus ♦ Emily Page	10:00-11:00 Power Pump Maria Tellarini	9:00-10:00 Low Impact Madeleine Landon	9:30-10:30 Cycle Plus Marisa Stahl	10:00-11:00 Kick Box Cross Harley Shin	9:30-9:55 Cycle Intro Leon Wagner	<b>11:15-11:30 Abs Only</b> <b>PK</b>
10:30-11:25 Silver Shape Up Madeleine Landon	<b>10:30-11:00 Upper Cuts</b> <b>Emily Page</b>	9:00-10:00 Cycle Emily Bloom	9:30-10:00 Yoga Strength & Flexibility Madeleine Landon	11:00-12:00 Silver Shape Up Maria Tellarini	9:35-10:00 On The Ball Julie Miller	12:15-1:30 Yoga I/II Janet Simpson
<b>10:30-11:30 Kettle Bells, etc.</b> <b>EmilyPage</b>	11:00-12:00 Silver Shape Up Maria Tellarini	<b>9:30-10:30 Step and Sculpt Interval</b> ♦ <b>Angie Donaroma</b>	9:30-10:30 Aqua Donna Rojas	12:05-1:20 Viniyoga Yonetta Asin	10:00-11:00 Power Pump Julie Miller	4:00-5:15 Vinyasa Yoga Flow II Josie Kramer
<b>11:30-12:00 Serenity Stretch</b> <b>Madeleine Landon</b>	12:00-1:00 Pilates Mat Stephanie Grimes	10:00-10:30 Lengthen & Strengthen Madeleine Landon	10:00-11:00 Zumba Joanne Di Padua	12:15-1:15 Cycle Plus Toni Brown/Leon Wagner	10:00-11:00 Cycle Leon Wagner	
11:30-12:45 Yoga I/II Chris Bennet	<b>12:00-1:00 Kickboxing Extreme</b> <b>Emily Page</b>	<b>10:30-11:00 Serenity Stretch</b> <b>Madeleine Landon</b>	<b>10:30-10:45 Abs Only</b> ♦ <b>Stephanie Grimes</b>	<b>1:10-2:10 Silver Sneakers I</b> <b>Anthony Brown</b>	11:00-12:00 Aqua Mary Lawler	
<b>12:10-1:10 Silver Sneakers I</b> <b>Jessica Sackman</b>	4:45-5:30 Core Training Madeleine Landon	10:30-11:25 Silver Shape Up Maria Tellarini	<b>10:45-11:45 Pilates Mat</b> ♦ <b>Stephanie Grimes</b>	6:00-7:00 Cycle + Stretch Donna Rojas <b>Stretch is 6:45-7:00 in Studio 2</b>	11:15-11:35 Meditation Janise	
5:15-6:15 Ballet Fusion Evylnne Householder	5:30-6:30 Step Challenge Michelle Mitchell	11:30-12:45 Yoga I/II Raquel	11:00-12:00 Silver Shape Up Maria Tellarini	6:30-7:30 NIA Randy Miller	11:35-12:40 Yoga I/II Janise	
5:30-6:25 Cycle Sheri Long	<b>5:45-7:00 Yoga Flexibility</b> <b>Evylnne Householder</b>	<b>12:10-1:10 Silver Sneakers I</b> <b>Anne Thorne</b>	12:00-12:50 Lunch Pump Maria Tellarini		12:45-2:00 Yoga Basics Chris Bennet	
6:20-6:35 Abs Only Jesse DiCamillo	6:30-7:30 Power Pump Michelle Mitchell	4:30-5:30 Physical Funk Milo	<b>12:00-1:00 Kettle Bells, etc.</b> <b>Emily Page</b>		4:00-4:30 Beginning La Tin-Va Dance Johnny V.	
6:35-7:30 Cardio Kick Box Jesse DiCamillo	7:05-8:05 Cycle Plus Glenda Le Flore	5:00-6:00 Cycle Andrea Lane	4:30-5:30 STANCE STRENGTH AND DANCE Madeleine Landon		4:30-5:30 La Tin-Va Dance Johnny V.	
6:35-7:35 Cycle Evylnne Householder	<b>7:30-8:30 Kickboxing Extreme</b> <b>Gerri</b>	5:45-6:00 Abs Only Johnny V.	5:30-6:30 Step Challenge Michelle Mitchell			
<b>6:45-7:45 Pilates Mat</b> <b>Adrienne Evatt</b>	7:35-8:35 Afro-Brazilian Beat Brandy Randolph	6:00-7:00 La Tin-Va Dance Johnny V.	<b>6:00-6:15 Abs Only</b> <b>Sheri Long</b>			
7:00-8:00 Aqua Dianne Barrow		<b>6:30-7:30 Cardio Kick Box</b> <b>Gerri Anderson</b>	6:15-7:15 Cycle Plus Sheri Long			
7:30-8:30 Belly Dance ♦ Selena		6:30-7:30 Cycle Plus ■ P.K.	6:30-7:30 Show Girls Ayanna Contreras			
		7:00-8:00 Aqua Raegan Payne	<b>6:35-7:30 Power Pump</b> <b>Michelle Mitchell</b>			
		7:00-8:30 Power Yoga Raquel	<b>7:30-8:30 Brick</b> <b>Chauncey Dennis</b>			
		<b>7:35-8:35 Pilates Mat</b> <b>Stephanie Grimes</b>	7:35-8:50 Yoga I/II ♦ Petra Polinkova			

**Surpass:**  
Try our Small Group Training Sessions with some of your favorite Group Fitness Instructors and surpass your own personal goals. A great way to bridge the gap between Personal Training and the regularly scheduled Group Fitness classes. \$15 per class, \$12 per class when you purchase 10 at once. First class is free. For more information contact Jill Miller at [jillmiller@spectrumclubs.com](mailto:jillmiller@spectrumclubs.com) or 310.534.7322

Group Fitness Director  
**Toni Brown**  
**Studio #1**  
**Studio #2**  
**Cycle Studio**

- ♦ New Class, Instructor or Time
- Sign up required at Reception

(Cycling sign up starts  
30 minutes prior to class)

★ Meet at the Park next  
to the Club

Please note the scheduled instructor  
and/or class may change/cancel  
without notice.

# CLASS DESCRIPTIONS

The goal of our Group Fitness Program is to provide you with professional instruction, a safe, effective, well balanced and fun workout. We offer a variety of classes that focus on cardiovascular conditioning, strength and flexibility training, and bodymind awareness. Many of our classes are geared for all levels of fitness and some are more appropriate for beginning, intermediate or the advanced exerciser. We encourage you to take a few minutes to read the following class descriptions so that you can get the most out of your workout and remain injury free. Always work out at your appropriate level of intensity/ability regardless of the level of class. Please note a minimum number of participants is required in order for a class to remain on the schedule.

## Cardio and Strength

**ABS ONLY** – This class focuses on exercises that define the abdominal area and strengthen the back to aid in maintaining proper posture. All fitness levels.

**AQUA** – A water exercise class which includes cardiovascular conditioning and muscle toning. Ideal for all fitness levels, those with back and knee problems and pre/post natal mothers. No swimming skills required.

**CARDIO KICK BOX** – Experience the power, the energy, the heat in this blistering TKO workout! It's packed with boxing, kickboxing and more. This dynamic workout will make you sweat and burn. Recommended for intermediate to advanced level students.

**CORE, STRENGTH AND STABILITY** – This class targets the core muscle groups to tone and sculpt the muscles while improving functional strength, total body balance and coordination. Intermediate to advanced.

**CORE TRAINING** – This class focuses on strengthening the "central zone" or core muscles of the body. Exercises on the Reebok core board and the stability ball are designed to improve balance, stability, coordination and posture. All fitness levels.

**CYCLE** – An exercise class on a stationary bike. Perfect for all levels of fitness enthusiasts. Our cycling bikes are compatible with 'LOOK' and 'SPD' cycling shoes. Gym shoes can also be worn.

**CYCLE INTRO** – This introductory class is recommended prior to taking a cycle class. Participants will learn basic indoor cycling fundamentals, correct set up procedures and take a beginning level ride focusing on form and technique.

**CYCLE PLUS** – A more challenging cycle class! Perfect for intermediate to advanced level students who want an extended cardio workout.

**THE GRIND - THE GRIND 2** – A high intensity cycle class that will push you out of your cardio-endurance comfort zone to the next level!!! Beginners to advance are all welcome.

**HOOPS, CORE & STRENGTH** – Have you Hula Hooped lately? This class utilizes Hula Hoops for a stronger, slimmer, more flexible waist and spine. Hand held weights and rubber tubing are added for strength training. Stability balls and Bosu for core training. This class is challenging but fun! Intermediate to Advanced.

**KICK BOX CROSS** – Punch, kick and sweat as you change your body with this combination of Boxing, Kickboxing and strength training. All levels.

**LOW IMPACT** – A workout for members of all fitness levels. This class includes low impact aerobics, as well as body sculpting exercises and a cool-down.

**ON THE BALL** – Get on the stability ball for an entire body workout. Use weights, bands and bars to help improve muscle endurance and core stability. All fitness levels.

**POWER PUMP** – Take this class to improve muscular endurance, tone and definition. Bands, body bars, weights, steps and core boards are used to increase the effectiveness and intensity of the workout. All fitness levels.

**SILVER SHAPE UP** – This class is geared towards the mature, infrequent exerciser. It includes a short, low intensity cardio portion and body sculpting using light weights. A slow stretch completes this workout. Great for beginning students.

**SILVER SNEAKERS** – Move through a variety of exercises designed to increase muscular strength, range of movement and skills required during activities for daily living (ADLs). Hand-held weights, elastic tubing with handles and a ball are offered for resistance; a chair is used for seated and/or standing support.

**STEP** – An intermediate-advanced level class which includes a warm-up, step, and a cool-down.  
**STEP CHALLENGE** – A more challenging class of pure step. Perfect for advanced students wanting an extended cardio workout.

**STEP AND SCULPT INTERVAL** – This challenging class includes a step workout and a strength component utilizing weights, tubing, Bosu or Stability Balls. You will improve your cardio vascular endurance and muscular strength with this invigorating workout. Intermediate/advanced.

**STEP & STABILITY** – Join Madeleine for this total body workout that includes half step choreography and half stability moves to improve core muscles. All fitness levels. Super sculpt – All the benefits of Power Pump, muscular tone and endurance, combined with easy cardio moves and finishing with a relaxing stretch for a complete and "super" workout. All fitness levels welcome.

**THE BOTTOM HALF** – Get the legs and buns you have always wanted! This class focuses on toning and strengthening the "bottom half" as well improving core stability using various resistance and core training tools. All levels.

**UPPER CUTS** – This class is designed to target the upper body and abdominal area. It includes exercises to strengthen and tone the chest, arms, shoulders and back. Focusing on form and technique, it also incorporates exercises to enhance core stability. All levels.

## Dance

**AFRO-BRAZILIAN BEAT** – This high-energy class, blends Afro funky beats and tribal sounds with Brazilian Street Dance and Caribbean/Afro moves. All levels.

**BALLET FUSION** – Ballet Fusion is a blend of Ballet Bar work, Pilates and Yoga to build strength, alignment and elongation. Through pilates breath, core work and body sculpting, this is a complete and fun work out. All levels.

**BELLY DANCE** – Have fun while you tone and define your muscles with graceful, sensual, and rhythmic movements. The ancient art of Belly Dancing will improve your flexibility and stamina and give you sleek and tight stomach muscles while giving you a great cardio vascular work out!

**PHYSICAL FUNK** – This is the "NEW" Old School workout designed for adults who love Funk music and the 80's. It is a basic Dance Fitness class designed for anyone who just wants to have fun,

learn to dance, and get an awesome work out! Choreography level is basic, workout level is low impact but intense! You get out of it what you put into it! The music is positive and upbeat!  
**HIP HOP** – You wont want to miss this fresh and funky class featuring the latest Hip Hop sounds and street moves straight from your favorite dance video.

**LATIN-VA DANCE** – This class is an innovative style of aerobics which incorporates Latin-inspired dance steps as the foundation of a fun and exciting cardio workout. Let Johnny be your guide, and coach... as you exercise your mind, body and spirit. Set to lively, Latin-house music, you will be dancing - having fun and sweating like crazy as Johnny uses his unique style of teaching... body cues and hand signals... but no talking! Challenge your body. Challenge your mind. Intermediate to advanced.

**SHOW GIRLS** – Calling All Divas! Have you ever wanted to be a Show Girl? A little bit naughty, a little bit nice and a lot Diva! Strut Your Stuff – Shake Your Hips. Walk the Walk of a real Vegas Show Girl! Wear light Jazz Shoes (And if you are really a Diva – Bring on the Stiletto!).

**STANCE** – Strengthen, Stretch and Dance! First work up a sweat and have fun in this cardio dance -based low impact class. Great music, fun and user friendly choreography will keep you movin' and goovin' as you burn calories. Then tone it up with a workout that blends weight training and stretching to create long, lean muscles. Intermediate.

**ZUMBA** – Zumba combines high energy, motivating music with unique moves and combinations using a fusion of Latin and International music! Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning with easy to follow dance steps.

## Mind/Body

**LENGTHEN & STRENGTHEN** – This unique workout combines Pilates, Yoga and body sculpting exercises. All levels.

**SERENITY STRETCH** – Relax and increase your flexibility in this static stretch class to help reduce injury, improve performance and relieve stress. All fitness levels.

**NIA** – NIA is an expressive fitness and awareness movement program offering a holistic approach to health. This class combines the stillness and concentration of Tai Chi, the dynamic poses of Yoga, the explosive power of Martial Arts and the spontaneity of modern and ethnic dance. All fitness levels welcome.

**PILATES MAT** – This class offers a balancing system that strengthens, lengthens, realigns and defines your body. Pilates focuses on the "power center" of the body; abdominals, back, thighs and hips; enabling the rest of the body to move freely. Recommended for intermediate-advanced levels.

**TAI CHI** – An ancient Chinese Martial Arts system that will improve your health and provide spiritual, mental and physical well-being. Meet at the Park right next to the Howard Hughes Spectrum. All levels.

**YOGA STRENGTH AND FLEXIBILITY** – This 30 minute workout compliments indoor cycling as well as all other activities by using movements inspired from Yoga to build strength and increase flexibility. All levels.

**YOGA** – Hatha yoga is an ancient form of movement promoting balance, flexibility, strength and relaxation through various postures and breathing techniques. All fitness levels.

**YOGA BASICS** – This class is perfect for students new to Yoga, recuperating from injuries and pre/postnatal women. This traditional Hatha (Hatha meaning physical) Yoga class promotes balance, flexibility, strength and relaxation through various asanas (postures) and breathing techniques, focusing on proper execution of basic Yoga postures. Yoga Basics enables you to establish a solid foundation before moving to Yoga I.

**YOGA I** provides a safe environment for beginning students to learn correct form and begin a healthy Yoga practice. Basic postures such as sun salutations, standing poses, back and forward bends, and twists are practiced with an emphasis on correct form and technique.

**YOGA II** increases strength, stamina and flexibility by introducing more advanced postures and holding them longer in a creative, challenging and stimulating environment.

**VINYASA YOGA FLOW** – This intense, faster paced class provides the Body-Mind benefits of Yoga exercise in a vigorous format to give you an overall conditioning class. Continuous movement linked with breath, generating heat and stamina is emphasized in Vinyasa Flow. Postures are held longer and increased strength and flexibility is developed. Postures can be modified for all levels.

**VINYOGA** – Function matters more than form in this safe, nurturing environment emphasizing individual needs even in a large group. Work on strength, flexibility, balance, and relaxation with the goal of connecting the body, breath, and mind. All Levels.

**POWER YOGA** – This class provides the body-mind benefits of yoga exercise in a vigorous, challenging format. Improve balance, flexibility and strength with more advanced postures. Intermediate-advanced levels.

**YOGA FLEXIBILITY** – This class blends traditional Yoga postures with flexibility exercises to promote the union of mind and body, relaxation and increased range of motion.

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**BRICK** – 30 minutes of high intensity spinning immediately followed by 30 minutes of interval running. Perfect for triathletes or anyone looking to ramp up their cardio.

**KETTLE BELLS, ETC.** – A 60 minute class utilizing kettle bells, balls, ropes and other fun equipment to create a total body cardio and muscle challenging workout.

**KICKBOXING EXTREME** – 60 minutes of classic kickboxing using all the bells and whistles. Punching bags, boxing gloves, mitts, and jump rope!

**SUPER CIRCUIT** – The ultimate circuit workout. Prepare to have every muscle challenged in this cardio intense, body screaming workout!

**YOGASCUPT** – A blend of bodysculpting and yoga. In this class we will use yoga poses in combination with weights, kettlebells, and body bars.

**"THE WORKS"** – An outdoor class that combines cardio and resistance training. Each class promises a new combination of exercises that will challenge you to the fullest!

# STUDIO ETIQUETTE

Our Studio Etiquette guidelines are designed so all members experience a successful, safe and enjoyable workout. Thank you for your cooperation.

1. Classes are a group activity, we request that you follow the instructor's routine.
2. Please be on time. Entering a class in progress is not recommended.
3. We suggest novice cyclist arrive 5 minutes early for set-up instructions.
4. Be considerate of other members' exercise space. Please do not crowd a member who has arrived in class before you.
5. Keep conversation to a minimum.
6. Please do not enter the studio before the current class has finished.
7. Hand held weights or other exercise apparatus is not permitted during Cycle class.
8. Appropriate exercise attire must be worn.
9. Reserving places is not permitted. For classes designated as Sign Up Classes, you may only sign up for yourself.
10. Gym bags are not permitted in the studio.
11. Water must be in an enclosed, unbreakable container. Food is not permitted.
12. The use of cell phones for talking and texting are not permitted in class. Please turn off all phones or keep in silent mode.
13. We recommend the use of a towel.
14. Members may not use stereo equipment.
15. Please remember personal hygiene and refrain from wearing strong perfume/cologne.
16. We request all equipment be returned to the proper storage area.
17. The use of personal stereos, headsets, etc. is not permitted during class.

## Club Hours

Monday-Friday: 5:00 A.M.-10:00 P.M.

Saturday: 7:00 A.M.-8:00 P.M.

Sunday: 7:00 A.M.-7:00 P.M.

## Kids Club Hours

Monday-Friday: 8:30 A.M.-1:30 P.M.

Monday-Thursday: 4:30 P.M.-8:30 P.M.

Saturday: 8:00 A.M.-1:00 P.M.

Sunday: 8:30 A.M.-1:00 P.M.

Reservations: (310) 216-3051



**SPECTRUM**  
**ATHLETIC CLUBS**

Howard Hughes Center

6833 Park Terrace, Los Angeles, CA 90045

(310) 216-3060